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Monday, January 23, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

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MARCHING FORWARD

Can the women's marches build a sustainable resistance? 6



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TRUMP INVITES NETANYAHU TO DC

1 President Donald Trump invited Israeli Prime Minister Benjamin Netanyahu to visit Washington in early February during a phone call in which they discussed the importance of strengthening the U.S.-Israeli relationship, the White House said Sunday. In his first call with Netanyahu since taking office Friday, Trump stressed his "unprecedented commitment to Israel's security."



"The president and the prime minister agreed to continue to closely consult on a range of regional issues, including addressing the threats posed by Iran," the White House said in a statement.

REUTERS

TRUMP PLEDGES AID FOR STORM-HIT SOUTH

2 President Donald Trump pledged federal assistance for Georgia, Florida and Alabama after the southeastern states were hit by severe storms. Trump said during a White House ceremony that he had spoken to Georgia Gov. Nathan Deal and planned to speak with Florida Gov. Rick Scott about the storms. Trump said he expressed his condolences.



"The tornadoes were vicious and powerful and strong and they suffered greatly," he said. "So we'll be helping out." REUTERS

24 MISSING IN ITALY AVALANCHE-HIT HOTEL

3 Twenty-four people are missing from the wreckage of a hotel in central Italy that was flattened by a deadly avalanche, with difficult research and rescue operations still ongoing, authorities said on Sunday. A statement from the national fire service said the number of people missing rose by one after a rescued person said that a hotel employee, of Senegalese origin, was inside the building



at the moment of the avalanche. So far five people have been confirmed dead, and nine, including four children, were pulled alive from tons of rubble and snow Saturday. REUTERS



IRAQ CONFLICT

5 An Iraqi boy walks among debris on a street near Mosul's University on Sunday, a week after Iraqi counterterrorism service retook it from the Islamic State jihadists. Iraqi forces battled the last holdout jihadists in east Mosul after commanders declared victory there and quickly set their sights on the city's west, where more tough fighting awaits. GETTY IMAGES

GERMANY MUST BE READY FOR ROUGH TIMES

4 Germany must brace itself for turbulent times under President Donald Trump, Foreign Minister Frank-Walter Steinmeier said, adding that free trade and trans-Atlantic cooperation to fight extremism and terrorism were key for Berlin. Steinmeier, who in August said Trump was a "hassprediger" or "hate preacher," wrote in the mass-circulation Bild newspaper that some members of the new



U.S. administration understand the importance of allies like Germany. "I know, we must prepare ourselves for turbulent times, unpredictability and uncertainty," Steinmeier said. "But I am convinced that we will find in Washington attentive listeners, who know that even big countries need partners in this world." REUTERS

WELCOME TO METRO.US!

Need to fuel your addiction to news about our new president? Seasoned political commentator Ellis Henican can help. "Trump's America" is Henican's take on life in the U.S. under our fearsome leader, who has told us that he's "like, a smart person." Check out Henican's column and see how size matters in Trump's America. [page 8](#) [metro.us/news/politics](#)



ELLIS HENICAN

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Women's March across the world



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FASTRACK

What's next for the resistance?

Political action committees, activists and researchers explore the next steps for protesters.



ALEXIS SACHDEV
@lexsachdev
alexis.sachdev@metro.us

Half a million people marched along the National Mall in the Women's March on Washington as a direct rebuttal to President Donald Trump's inauguration. That's a conservative figure when stacked up against the estimated three million across the U.S. who stood in public dissent against the 45th president.

And as throngs of crowds cutting across generational lines swarmed cities across the nation, their presence was highlighted by the notion that they're not going away.

Saturday's show of solidarity is now considered the largest protest in the

nation's history. While many spent Sunday celebrating their success and sisterhood, a group of lawyers and leaders gathered to discuss the next steps for la Résistance.

Vanessa Williams was among those who attended the Rise Above conference in Washington this weekend to organize with like-minded activists, attend lectures to learn how to join local government and to brainstorm how to use the law to hold the Trump administration accountable.

At its core, Rise Above is also about keeping the momentum alive, Williams said. Unlike Occupy Wall Street and its related protests, this movement is looking for lasting power, and is developing plans to succeed.

First on the list of advice? Join a grassroots organization.

Williams is one of the administrators on a private activist-centric Facebook page, FIERCE: Pennsylvania. Its 13,000-some



Protesters gather in Boston Common on Saturday to protest President Donald Trump's inauguration. DEREK KOYOUMJIAN

members share news articles, organize events like Tuesdays with Toomey and marches across the state, and share tips on calling elected officials.

Of course, it's not just for residents of the Keystone State.

"There's organizations like mine in every neighborhood and across the whole U.S., and you saw that reflected in marches Saturday," Williams said.

She estimated about

one million people nationwide are members in her and similar grassroots groups — and they've only been organized since Election Day. But even that head count is conservative, especially considering Saturday's turnout.

As these groups grow, Williams said, they're also becoming more organized. The weekend march in Washington began as a Facebook post after the election, under-

scoring the power of the social-networking tool for social change.

A common thread in FIERCE: Pennsylvania and similar groups encourage members to call their senators and congressmen to voice their grievances with certain legislation.

Organizers of the Women's March on Washington are also taking action to keep the movement alive. They've launched a website cam-

aign this weekend: 10 Actions for the First 100 Days. Every 10 days, activists are given a new task to become more politically involved. The first assignment urges supporters to write a letter to their elected representative to tell them what issues matter to them.

Beyond that, Williams is urging her fellow ne'er-trots to be more than "armchair activists."

"Run for office," Williams said.

In Philly, progressive groups are hosting workshops and panels to inform citizens on the political process, and train them on running for neighborhood election boards. New York City, Denver and other cities are seeing homegrown advocacy groups and local chapters of national political action committees.

Organizers encourage the public to bring greater representation to local government.

See more about the resistance at metro.us

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TRUMP'S AMERICA

This is the inaugural edition of Trump's America, which will examine life in these not-so-united states under the nation's tweeting, reality TV-popularized president.

IN TRUMP'S AMERICA, SIZE MATTERS



ELLIS HENICAN

Trump's America

Ellis Henican is a seasoned observer of the nation's political and social landscape. He has appeared as a commentator on CNN, MSNBC and Fox News. He is a former columnist at Newsday. Follow him @henican



President Donald Trump gives his Inaugural Address during the 58th U.S. Presidential Inauguration. GETTY IMAGES

It's Trump's America now. We just live here.

Sorting out the facts from the "alternative facts." Checking random Twitter glances inside the new president's head. Coming to grips with the urgent, national issue that America's new leader has chosen to launch his presidency on.

Crowd size.

Facts may not matter so much in Donald Trump's America, but size definitely does.

The man who dissed Arnold Schwarzenegger's "Apprentice" ratings, the man who swore his own fingers (and other body parts) were large — that guy was back again, boasting about the public turnout for his inauguration.

He took the oath of office at noon on Friday in front of a perfectly nice Washington crowd. Not a record-breaking crowd. Not the biggest crowd of all time. A nice, middling crowd. But in Trump's America, no supportive crowd is anything but massive. And there's no one-day story that can't be stretched into three. This one still has a few hours to go.

He could have used

out to make the same fact-free case. "This was the largest audience to witness an Inauguration — period," press secretary Sean Spicer declared at his first White House briefing. Any attempt by the dishonest media to "minimize the enormous support" is "shameful and wrong."

When Chuck Todd asked about the disconnect on yesterday's "Meet The Press," senior Trump adviser Kellyanne Conway positively bristled. "Don't be so dramatic about it, Chuck," she scolded. "Sean Spicer gave alternative facts."

"Alternative facts!" Todd thundered in what became the most memorable line of the day. "Four of the five facts he uttered were just not true. Alternative facts are not facts. They're falsehoods."

Trump sent top aides

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Trump fires tweet criticizing women's march

"Why didn't these people vote?" Trump asked on Twitter.

Nearly three times as many people marched on Washington, D.C., this weekend than attended President Donald Trump's inaugural celebrations, and the new leader didn't waste time into his presidency in criticizing their

presence and accusing them of not voting.

"Watched protests yesterday but was under the impression that we just had an election," Trump said in a tweet Sunday morning.

According to a New York Times report, data scientists estimated about 160,000 people in the area in and around the National Mall on Friday in the

hour leading up to the inauguration, compared to at least 470,000 women's march attendees in the same area Saturday afternoon.

Crowd scientists at the Manchester Metropolitan University in Britain determined the figures by

analyzing photographs and video taken of the National Mall and surrounding area on the two days.

The Times reported that the scientists had more improved images of Trump's inauguration crowd, which was concentrated to an area; but the women's march, which was "more sprawling



and fluid," likely had a larger number of attendees than they reported.

Among his tweets posted Sunday, the president also sent a boastful message about the viewership of Friday's inaugural celebration: "Wow, television ratings just out: 31 million people watched the inauguration, 11 million more than the very good ratings from four years ago!"

Former president Barack Obama's first inauguration in 2009 saw a viewership of 38 million — the second-highest number since Nielsen began tracking such figures since

Richard Nixon's 1969 oath.

Ronald Reagan's inauguration drew the biggest TV audience in 1981, with nearly 42 million viewers tuning in to see the Republican sworn in for his first term. Four years later, Reagan's second term drew just 25 million viewers.

In another tweet later Sunday morning, the president took a tamer tone on the activists.

"Peaceful protests are a hallmark of our democracy," Trump wrote. "Even if I don't always agree, I recognize the rights of people to express their views."

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TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." [@tomforemanCNN](#)



Republicans are likewise far from unified at this point, and tasks like dismantling/replacing the health care system could make cracks in the party very wide, very fast. Watch for GOP leaders to assert themselves trying to get everyone pointed at the same targets.

3. "YOU GOTTA FIGHT FOR YOUR RIGHT"

Democrats are not sure who is leading their party's charge against the Repubs; they have precious little power with which to push any issues and the new president will absolutely dominate the news for the next few weeks. So watch for any Dem who can get any headlines; he or she will be a hero for their party at this moment when heroes are just what they need.

White House says media delegitimizing the president

The White House vowed on Sunday to fight the news media "tooth and nail" over what officials see as unfair attacks on President Donald Trump, setting a tone that could ratchet up a traditionally adversarial relationship to a new level of rancor.

A day after the Republican president used his first visit to CIA headquarters on Saturday to accuse the media of underestimating the crowds at his inauguration, White House Chief of Staff Reince Priebus expressed indignation at the reports and referred to them as "attacks."

"The point is not the crowd size. The point is the attacks and the attempt to delegitimize this president in one day. And we're not going to sit around and take it," Priebus said on "Fox News Sunday."

Priebus complained about a press pool report that said the bust of Martin Luther King Jr. had been removed from the Oval Office. The report on Friday night was quickly corrected

but Trump called out the reporter by name at the Central Intelligence Agency on Saturday, as did spokesman Sean Spicer later in the day.

The chief of staff also repeated Spicer's accusations that the media manipulated photographs of the National Mall to show smaller crowds at Friday's inauguration.

Aerial photographs showed the crowds for Trump's inauguration were smaller than in 2009, when Barack Obama, the nation's first black president, was sworn in.

The unexpectedly high turnout for Saturday's Women's March on Washington outpaced the inauguration turnout. The Washington subway system reported 275,000 rides as of 11 a.m. on Saturday.

The subway system said 193,000 users had entered the system by 11 a.m. on Friday, compared with 513,000 at that time during Obama's 2009 inauguration.

REUTERS

"We're going to fight back tooth and nail every day and twice on Sunday."

Priebus



White House Chief of Staff Reince Priebus described reports on the size of Trump's inauguration crowds as attacks on the new president. GETTY IMAGES

BRIEF

Sens. McCain, Graham to support Tillerson nomination
Two senior Republican lawmakers said on Sunday they would vote to approve President Donald Trump's nominee for secretary of state, Rex Tillerson, despite their concerns over the former ExxonMobil chief's relationship with Russia's president.

"After careful consideration, and much discussion with Mr. Tillerson, we have decided to support his nomination to be secretary of state," Sens. John McCain of Arizona and Lindsey Graham of South Carolina said in a statement.

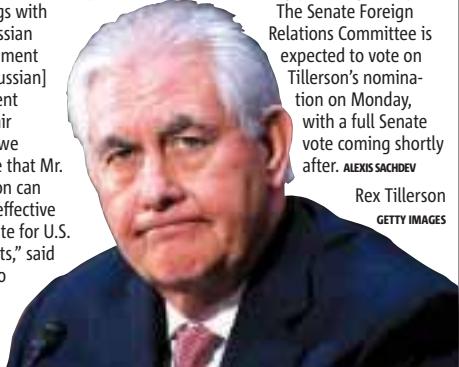
"Though we still have concerns about his past dealings with the Russian government and [Russian] President Vladimir Putin, we believe that Mr. Tillerson can be an effective advocate for U.S. interests," said the two senators, both

veteran foreign policy experts. The Republican-controlled Senate has so far confirmed two of Trump's nominees for cabinet posts but Tillerson, former chief executive officer at Exxon Mobil Corp., has faced criticism from several prominent Republicans because of his close relationships with Russian officials, including Putin.

Senate Majority Leader Mitch McConnell said he was confident that all of Trump's cabinet nominees will be confirmed. Speaking on "Fox News Sunday," McConnell also said the Senate would confirm a Supreme Court justice nominee eventually picked by Trump.

The Senate Foreign Relations Committee is expected to vote on Tillerson's nomination on Monday, with a full Senate vote coming shortly after. ALEXIS SACHDEV

Rex Tillerson
GETTY IMAGES



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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By **NY Pain MD**

NY Pain MD is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other joint arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make **natural** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at **NY Pain MD** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why **NY Pain MD** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at **NY Pain MD** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at **NY Pain MD** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why **NY Pain MD** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indicate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to

significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

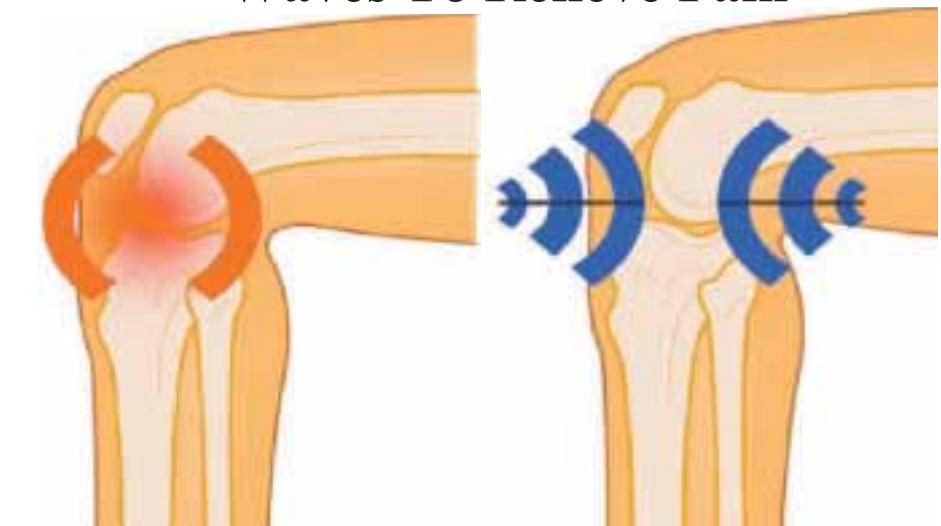
RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

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NYPain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

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Deadly storms kill 16, trigger tornado threat across the South

The system toppled trees and power lines in Georgia, northern Florida and Alabama on Sunday. Hail was sighted in Florida, Alabama and Mississippi.

ing that dangerous conditions persisted and could reach north to the Atlanta area.

"I urge all Georgians to exercise caution and vigilance in order to remain safe and prevent further loss of life or injuries," Deal said in a news release.

Photos from the affected areas showed collapsed buildings, homes with roofs destroyed, toppled trees and fields littered with debris.

Eight deaths occurred in Cook County, Georgia, state emergency managers said in a statement, with local reports that a mobile home park was particularly hard hit.

First Baptist Church Adel, located in the county seat near the Florida-Georgia state

line, was sheltering more than 50 people, said pastor Bill Marlette, who had just helped inform a family that two of their relatives were among the dead.

"There's a lot of hurting people right now," he said in a telephone interview. "There's just a sense of shock."

The deadly storms in Georgia, which also killed four people in Brooks and Berrien counties, followed a predawn tornado in Mississippi on Saturday that killed four people. Severe weather also injured more than 50 others and damaged about 480 homes in Mississippi, state officials said on Sunday.

The system prompted weather forecasters

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Storm clouds over Albany, Georgia [FACEBOOK](#)

to issue a rare, "high risk" warning of severe storms threatening parts of southern Georgia, north and central Florida and Alabama on Sunday, the first such warning since 2014. South Carolina could also see severe weather.

"These could be the kind of tornados you don't want to mess with," said Rich Thompson, lead forecaster at the National Weather Service Storm Prediction Center in Norman, Oklahoma.

In Alabama, some 29,000 power outages

"These could be the kind of tornados you don't want to mess with."

Rich Thompson

were reported as of Sunday afternoon, Alabama Power tweeted. Several thousand had also been without power in Mississippi, where utilities were working to restore service.

The severe weather was expected to last into Sunday evening. The system also may bring significant snowfall to parts of the U.S. Northeast on Monday into Tuesday, the NWS said.

On the West Coast, heavy rains from a separate system drenched parts of Southern California on Sunday. Flash flooding and strong winds were expected, possibly triggering mudslides along canyon roads, downed trees and scattered power outages, the NWS said.

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**MICHAEL
FRIEDMANN**
@WeatherTalk

On this Monday, as we face a thrashing wind and a rain storm from a low brushing northeastward off our coast, I'd like to invoke a word that has some heavy political and social intones: "globalization."

But this time, I mean it in the sense of global weather. We are, especially all around the northern hemisphere, global. We're tied together. Weather events halfway around the globe send ripple effects, called teleconnections, that affect our weather right here in New York a week or two later.

Take the tumultuous weather in California. A persistent upper-air trough of reduced air pressure, parked just off the West Coast, is once again pounding the Golden State with snow and rain. And in its drought-parched land is ill-prepared to totally absorb. Los Angeles is swimming today in a fresh flood of two more inches of rain. But that's all about to change — and change things here in the Big Apple.

That West Coast trough is about to get dislodged, and head inland,



GETTY IMAGES

The week ahead

Today: Rain and strong winds through tonight; high 43.

Tomorrow: Cloudy, periods of light rain; high 44.

Wednesday: Partly sunny and mild; high 50.

Thursday: Variable clouds, cooler; high 45.

Friday: Becoming mostly cloudy, colder; high 39.

Saturday: Mostly cloudy, chance of flurries; high 36.

to be replaced by sturdy mountain, or "ridge," of stable, highly-pressurized air that will let California really dry out well in to February.

But as California takes a deep breath and gets its famous sunshine back, we take the consequences: colder air. That same ridge — which

will meander somewhere around the West Coast into February — pokes northward into Canada, and what goes up, must come down, like a roller coaster. The ridge will block the warming Pacific from us, forcing shots of cold, arctic air riding down its eastern flank — smack toward us!

You'll notice the colder regime Friday, with occasional disturbances from the northwest bringing snow flurries through the weekend. Daily highs will average in the low-mid 30s, with nights in the 20s, sometimes teens.

Don't you just love globalization?

Michael Friedmann, a New York-area meteorologist, can currently be seen on metropolitan area cable news on weekends. Follow him on Twitter at twitter.com/WeatherTalk.

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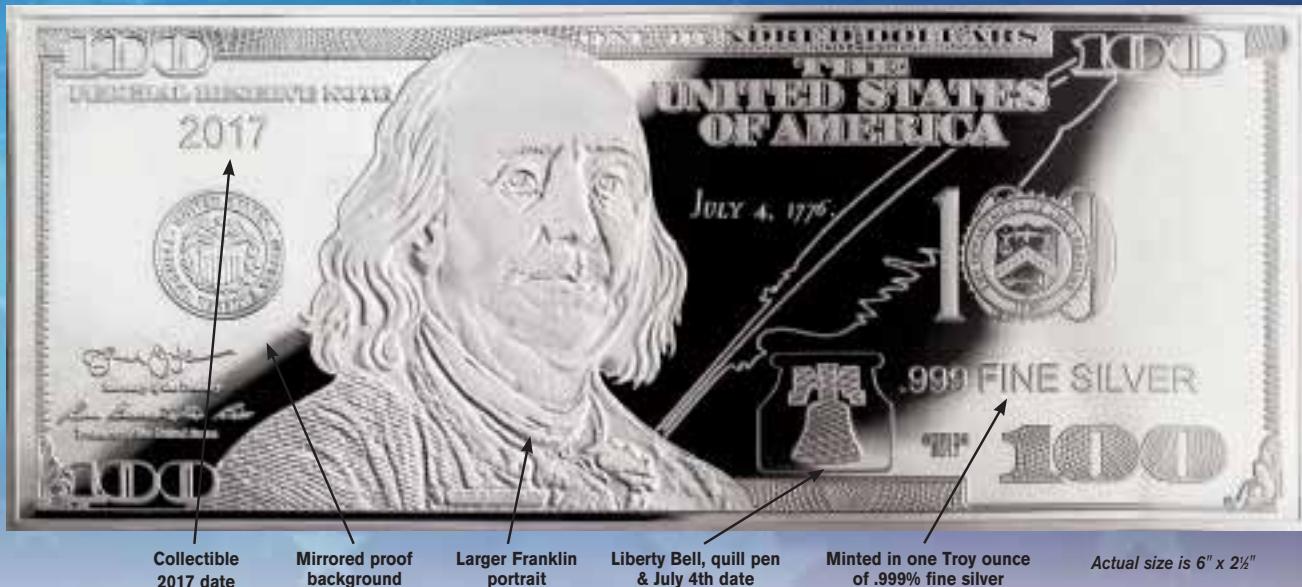
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18 NEWS

METRO.US
MONDAY, JANUARY 23, 2017



Somorie Moses NYPD

NYPD: Brooklyn man arrested in dismembered body case

A Brooklyn man faces a charge of concealment of a human corpse.

GARY KANE
@MetroNewYork
gary.kane@metro.us

A 40-year-old Brooklyn man was arrested Sunday in connection with the disposal of female body parts that were discovered at a Bronx waste transfer station.

Somorie Moses, of Flatbush, faces a charge of concealment of a human corpse, according to the NYPD.

His arrest comes five days after a bulldozer operator spotted a torso with one leg while moving garbage at the Met

ropolitan Waste Transfer Station in Hunts Point.

Investigators searched the site and eventually found two arms — without hands — believed to belong to the victim.

Police used surveillance video taken at the transfer station and cellphone records to identify Moses as a suspect.

Moses was convicted of attempting to promote prostitution in the second degree and profit from the prostitution of person younger than 16 years old after he was arrested in 2006, according to state records. He was sentenced to six months in a local jail and five years probation for the crime.

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First days of Trump era signal deepening political divide

In the blocks surrounding the White House, signs reading "Love Trumps Hate" and "Build Bridges Not Walls" littered the sidewalks on Sunday, the detritus of the Women's March protesting the policies of President Donald Trump.

Both Trump's supporters and women and men who took part in the massive march against him in Washington on Saturday contemplated the vestiges of protest and ruminated about the convulsive first 48 hours under the Republican president.

For Mary Forster, who joined her first political demonstration on Saturday, the weekend only reinforced her worries that the country was splitting further apart after a bitter election.

"I feel like we're getting driven farther apart," said Forster, a 42-year-old environmental regulation specialist from Ithaca, New York. "There really

is no middle any more. We seem to be losing the middle ground."

She has voted both Democratic and Republican in the past but was motivated to march by concerns over the comments and policies of businessman-turned-politician Trump, many of which are seen by the left as harmful to women and minorities.

Like Forster, millions of women, buttressed by male family members and friends, joined marches throughout U.S. cities in a much larger-than-expected challenge to Trump.

"There used to be more things that unified us and now I feel like we are more divided than we used to be," Forster said.

It is a view widely held by Americans. A Pew Research Center poll released on Thursday showed that 86 percent of Americans believed the country was more



Demonstrators hold signs and chant in New York City. GETTY IMAGES

politically divided than it had been in the past, sharply higher than the 46 percent who held that view eight years ago, just before former President Barack Obama's inauguration.

Democrats and Republicans concurred in their view of the division, a marked change from 2009 when more than half of Republicans thought the country was becoming more divided, compared to about four in ten Democrats. REUTERS



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Rihanna protested at Trump Tower in style

Rihanna joined the Women's March New York City on Saturday, rocking an all-pink look from head to toe.

The singer wore a hot pink hat, a pink sweatshirt that said "This pussy grabs back," and a Molly Goddard pink tulle minidress over jeans — plus, pink stilettos.

She posted a photo of herself in said look on Instagram with the caption: "So proud to be a woman!! So proud of the women around the world who came together today for pro-choice!"

The pop star protested outside Trump Tower, chanted along to "Hey hey, ho ho, Donald Trump has got to go," and even dabbed.



INSTAGRAM/@BADGIRLRI

Later that night, she changed her outfit into a Dior "We should all be feminists" T-shirt under a black and white pin-striped blazer.

Looks like RiRi is ready to get to work.

Keke Palmer accuses Trey Songz of 'sexual intimidation'



Keke Palmer appears in Trey Songz's new music video, "Pick Up the Phone," released on Friday, but the "Scream Queens" actress says that he filmed her without her consent.

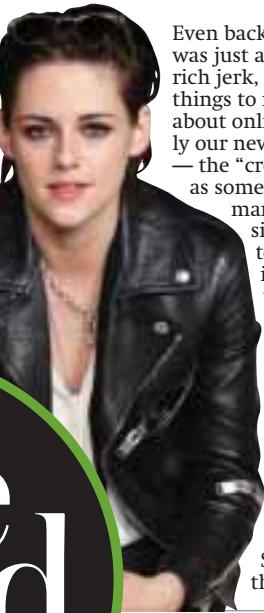
In a lengthy Instagram message, Palmer writes, "How am I in this video Trey? After you found me in a closet HIDING because I was so afraid of anymore conflict ... Just cause you give someone food and alcohol and throw in a little sexual intimidation doesn't mean they will buckle."

Songz's response dismisses Palmer's frightening allegations with a vague, "So sorry for those that believe everything without knowing anything ..."



KATE MOONEY
kate.mooney@metro.us

the word



Kristen Stewart says Trump was obsessed with her

Even back when Trump was just a reality star/ rich jerk, he still found things to rant and rave about online. Apparently our new president — the "creepy tweeter" as some women's marches protest signs referred to him — had it out for actress Kristen Stewart a few years ago.

In an interview promoting her directorial debut, the short film "Come Swim" at Sundance, the 26-year-old

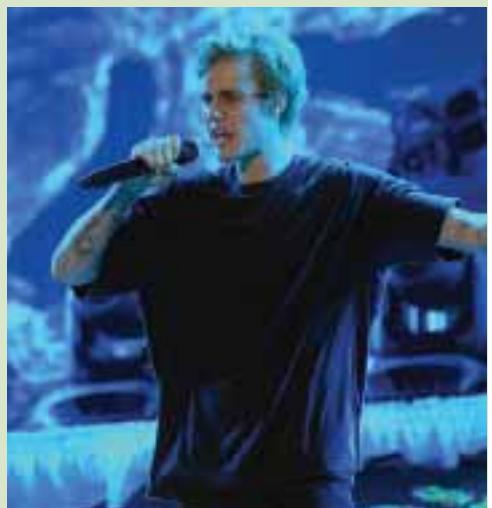
actress told Variety that Trump used to have a strange obsession with her, frequently trash-talking her on Twitter.

In October 2012, he tweeted, "Robert Pattinson should not take back Kristen Stewart. She cheated on him like a dog & will do it again—just watch. He can do much better!"

"He was mad at me a couple years ago, really obsessed with me a couple years ago, which is f—ing crazy," said the "Certain Women" actress. "I can't even understand it. I literally cannot even understand it. ... It's insane."

"He's probably, like, going to tweet about this," she joked.

Justin Bieber hates The Weeknd's music



So far we haven't heard how Justin Bieber feels about the fact that his ex, Selena Gomez, is dating The Weeknd (maybe because he's too busy flirting with Kourtney Kardashian). But now we at least know his stance on Gomez's new man's music.

Over the weekend, when a TMZ reporter asked Bieber, "Can you listen to a Weeknd song?" the 22-year-old singer replied, "Hell, no, I can't listen to a Weeknd song."

When the reporter asked, "Why not?" Bieber replied, "That s—'s wack."

There you have it. The Wacknd.



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Taking a stand: Andrea Navedo of 'Jane the Virgin' is ready to get political

The election of Trump was a huge wake-up call.



JENNIFER LOGUE
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"Jane the Virgin" returns with new episodes Jan. 23, and coming so soon after the inauguration of Donald Trump, viewers will be hungry for its unique balance of telenovela-esque absurdity and heartfelt discussion of more serious, hot-button issues, like abortion and immigration. Set in Miami, the CW series focuses on the lives of three generations of Latina women: Jane, her mother and grandmother.

Andrea Navedo, who plays Jane's gregarious mother, chats with us about her character getting an abortion on

prime-time television, missing Obama and how Trump's election has been a huge wake-up call for her.

"Jane the Virgin" recently got renewed for another season. How does that feel?

Every actor, I imagine, no matter what level they're at, always worries about where their next gig is gonna come from, and at least I can be sure that I get to continue this amazing ride on "Jane the Virgin" for the next year and a half — so I'm happy.

What do you think accounts for the show's success over the years?

The show doesn't take itself too seriously. It knows it's outrageous and comes from that perspective of complete awareness — with a



PROVIDED

wink or a nod to the audience like, "Yeah, we know this is crazy." Also, having a core Latina family touching on issues of feminism, immigration and abortion — the show hasn't been afraid to touch on those ideas.

On that note, your character had an abortion this season, which isn't a topic we normally see on prime-time television. Why is that storyline so important?

Society has gotten out of touch about the big fight that it took years

ago [for women to have the right to choose]. I think it was important to bring it into the lime-light because at this moment in time, that right is being threatened.

With Trump in office, do you think television will continue breaking new ground by covering issues like abortion, or do you think it'll become more conservative?

I think it will continue to break new ground because the entertainment business is much more liberal, open-minded and accepting of the other than the government might be.

Are you going to miss Obama?

Oh, yes, very much so. He was such a classy president. Intelligent, elegant, gritty, hard-working — really a

shining example of what a president should be.

What are your plans for Inauguration Day?

I was considering going to the Women's March in Washington but it's not going to work out for me. There might be some stuff happening here in L.A., so, if that's the case, I will be there. This is actually the first time that I've felt the need to be political. Unfortunately, I feel guilty of this, too, but I think we as a society have become so comfortable with all of our things — all of the material things. It's just so easy to distract ourselves — the media just numbs the public. This is a huge wake-up call.

"Jane the Virgin" premieres Monday, Jan. 23 at 9 p.m. on The CW.

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8 Ways to be good to yourself post-inauguration

Self-care is important and can be easy — especially when it's (mostly) free.



EMILY PHARES
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EMILY PHARES

1 Read "Seven Brief Lessons On Physics" (Trust us!)

Head to your nearest bookstore and pick up this quick read. Yes, you'll learn about general relativity and quantum mechanics. But the book also takes a philosophical tone at times, including when author Carlo Rovelli reminds us that "within the immense ocean of galaxies and

stars, we are in a remote corner." Perspective.

2 Study the Beatles' performance of "Don't Let Me Down" from the Apple rooftop in Savile Row

Is it Paul's sashay at 0:39? Ringo's total look of bliss at 1:17? His red leather jacket? It's all of it. The

Beatles singing the songs that only they could have written on a London rooftop in January 1969 is pure magic.

3 Go look at art — really, really look at it

Whatever your city, there's a museum somewhere — go. Then, pick a single piece, and focus on it for several minutes as a

meditative exercise. You could possibly get a little brain boost as a bonus. Dr. Wendy Suzuki calls this practice a "visual-cortex brain hack" in her book, "Healthy Brain, Happy Life," as it's been shown to engage the brain and improve memory and motor function. Consider it proof that art is good for you in myriad ways.

4 Send someone a postcard

Buy a postcard or make your own, write a quick "hello" and send away. Postcard stamps cost 34 cents, and everyone loves a new postcard for the fridge. Especially when it has a little vote of confidence from a friend on the back.

5 Foot bath with Epsom salt

Find a plastic container, any plastic container. Fill that plastic container

with warm or hot water according to your preference, add Epsom salt, slip your feet in and let the relaxing begin. Remember to keep a towel nearby. Consider it your cheapest trip to the spa.

6 Invite friends over for hot toddies

Hot toddies got me through a rough bout of bronchitis, so I figure they might ameliorate political pains as well. They're simple to make: A basic recipe for one serving is 2 oz. boiling water + 1.5 oz. whiskey + 1 tsp. honey + a squeeze of lemon. Stir all of that together, then add the cinnamon stick. Warm hands = warm hearts.

7 Breathe (but really)

Close your eyes and take three deep breaths — making sure to inhale slowly, wait a second,

and then exhale slowly each time. Pausing to focus on your breath can serve as a mini "reset," and you can do it as often as necessary throughout the day. Another option? Consider downloading a meditation app like Simply Being, Headspace or Buddhify.

8 Light some candles and get your hygge on

The Danish are masters at making the best of darkness — in the depths of winter they have as many as 17 hours of darkness a day — so use their (increasingly global) custom of hygge to create a sense of coziness and warmth. Grab some candles — try birchwood pine to dial up the cozy factor, or lavender for something more soothing — a plaid blanket, fuzzy slippers and a book, and settle in for the evening to tune out the dark. Focus on feeling warm.



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What we're looking forward to in 2017



Philadelphia Going Out editor Jennifer Logue is working on her flow in 2017. **SOLEIL PHOTOGRAPHY**



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In which Metro's features team tries on optimism in the new year.

KATE MOONEY
 @yatinybrooklyn
 kate.mooney@metro.us

Unless you were born one of those Pollyanna, ray-of-sunshine types, it takes a concerted effort to see the positive side in any given situation. (Dwelling on the negative is so much easier!) Now that Trump is officially president, we're all in need of cheering up.

On that note, Metro's features team decided to

seek out a bit of light by sharing what we're looking forward to this year, from diving into inspiring books and TV shows, to spending quality time with loved ones — plus, the solitary pursuits that make us feel less alone.

Rachel Raczka

Boston Going Out editor,
 national music editor

Haim's debut album "Days Are Gone" was my summer jam in 2013 ... and in 2014 ... and in 2015 after Taylor Swift's "1989" Tour ... and again after the Boston Calling festival in 2015. Their breezy, effervescent, daydreamer vibes make for the ultimate running, driving, lounging and kitchen dancing soundtrack, and I can't wait for their sophomore release to drop in the coming months.

Meanwhile, I just gave myself a 10-pack of amazingly therapeutic bath oils from Kneipp that I plan to indulge in over the remainder of the winter. Baths and binge watching is a weekly ritual that keeps me sane.

Matt Prigge

New York features editor,
 national film editor

The thing I'm most looking forward to in 2017 is the impeachment of Donald Trump. But that's not going to happen. So all I have on the horizon is completing all the

books and short stories of J.G. Ballard ("Crash," "High-Rise") — an almost certainly insane project I've been doing, mostly in order, since last April. I've never read straight through a prolific author's entire CV before, and it's been fascinating watching a talent evolve over decades. (Also, all his works are bewilderingly grim and perversely comforting right now.)

Eva Kis

New York Going Out editor

I spent my Christmas vacation moving from the Upper East Side, where I've lived since arriving in New York, to Bed-Stuy. Having more than 500 square feet to call our own is already making a difference in my relationship with my husband, the excitement of exploring a new neighborhood together jolting us out of what was, to be honest, a bit of a rut.

While I wouldn't recommend moving as couples therapy, the thing getting us through — between Ikea trips and using a hot plate until our gas is hooked up — is "Yuri on Ice." This new animated series, now available on the Crunchyroll streaming service, is about a young Japanese figure skater who cracks under the pressure of competition — until his idol becomes his coach, and he learns a lot more than some new moves.

Kate Mooney
 New York features editor,
 national health editor

It might sound corny, but my dog Phoebe gets me

through every

day. She's a 6-year-old terrier mutt, and she's my rock — a scruffy, apricot-colored, cuddly rock. No matter how I'm feeling, spending time with her, whether we're throwing a stick in Herbert Von King Park or bingeing Netflix together (Netflix

and canine?), is a constant salve.

I also finally watched "Fargo" on FX, a Mid-western noir inspired by the Coen brothers' 1996 film. It's an immersive, suspenseful watch that's dark as hell while still offering some solace for its characters. Season 3 airs in April with a present-day sibling rivalry plotline, starring Ewan McGregor as (both!) adversarial twin brothers.

Jennifer Logue

Philadelphia Going Out editor,
 national TV editor

In 2017, I'm personally looking forward to diving deeper into my yoga practice. While I go to class regularly, I've given myself the challenge of focusing on a new pose each week at home. It's not about intensity, it's about consistency and the mental clarity enjoyed from embracing yoga every single day.

I'm also really looking forward to O17 in September — Opera Philadelphia's first festival. Spanning 12 days, it will feature 25 performances at venues across the city. This is another shining example of how Philly continues to flourish as a destination for the arts.

Tina Chadha

New York features editor,
 national style editor

I'm grateful to have become a homeowner in 2016. Finally, I can use my master's degree in HGTV and Pinterest.

I look forward to flexing our democratic muscle in 2017, educating ourselves on Washington and standing up for each other. Call me an optimist, but I believe dark times inspire innovation and force the passive to get off the couch (myself included). I'm seeing more people active in political discussions (cat videos in my FB feed are being replaced by Robert Reich posts), and it makes me hopeful.

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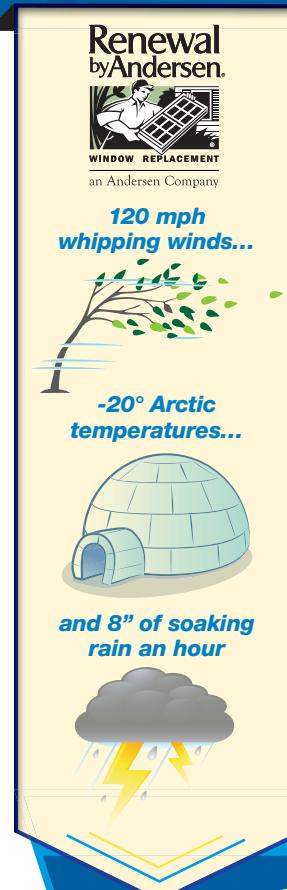
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Before a big test, students tend to spend hours re-reading and highlighting their notes, hoping to absorb all the information. And while the method may seem effective, it doesn't allow the information to fully stick, says Henry L. Roediger, a cognitive psychologist who focuses on human learning and memory.

Instead, he advises, students should be engaging in more-active methods of learning.

Roediger walked us through of his favorite tips for making the most of your study sessions.

Switch it up

While students often study the same thing over and over before a test, the truth is, switching between subjects is actually more effective, says Roediger. Rather than designate one day



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How to study smarter

for math, one for science and another for history, he suggests including all three into the same session. "This kind of training produces slower learning, but it's much more durable," he explains. "You'll still know the information months later."

Plus, repetition often gives students a false sense of understanding and leaves them ill-equipped to answer questions out of context. "If you're doing one kind

of math problem over and over, you get good at that kind of problem, but you often fail to recognize the problem itself." In the end, he adds, "a big part of learning is recognizing what kind of situation you're in before you can apply the correct answer."

Test yourself

"People normally think of learning as getting information into memory — so having a storehouse of knowledge — but

another big part is being able to bring the concept you learned back into memory from your long term knowledge," says Roediger.

According to Roediger, the best way to do this is by constantly testing yourself and actively reflecting. If you're taking a psychology course and just learned about cognitive dissonance, you should be engaging in your own inner monologue, he explains. Ask yourself:

"What does this mean?" "How would I use this concept?" "What's a practical example from my own life?" Doing this not only challenges you to practice retrieving information from memory, but it also allows you to assess what you've successfully absorbed.

Take notes by hand

When using a computer to take notes, students tend to record information as if they were tak-

ing dictation. Roediger calls this: "mindless typing." And while it may help you get down the most information, "you remember it better and it's more meaningful to you if you take notes by hand." By being unable to get every single word down by hand, students are ultimately forced to think harder, synthesize the information and formulate it into their own words, which allows it to truly seep into their memory.

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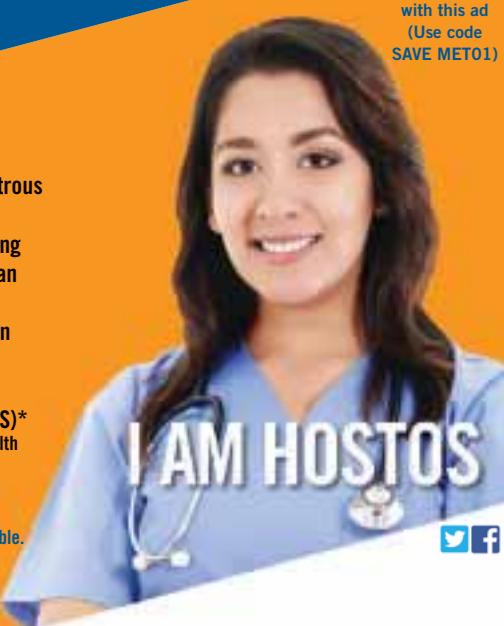
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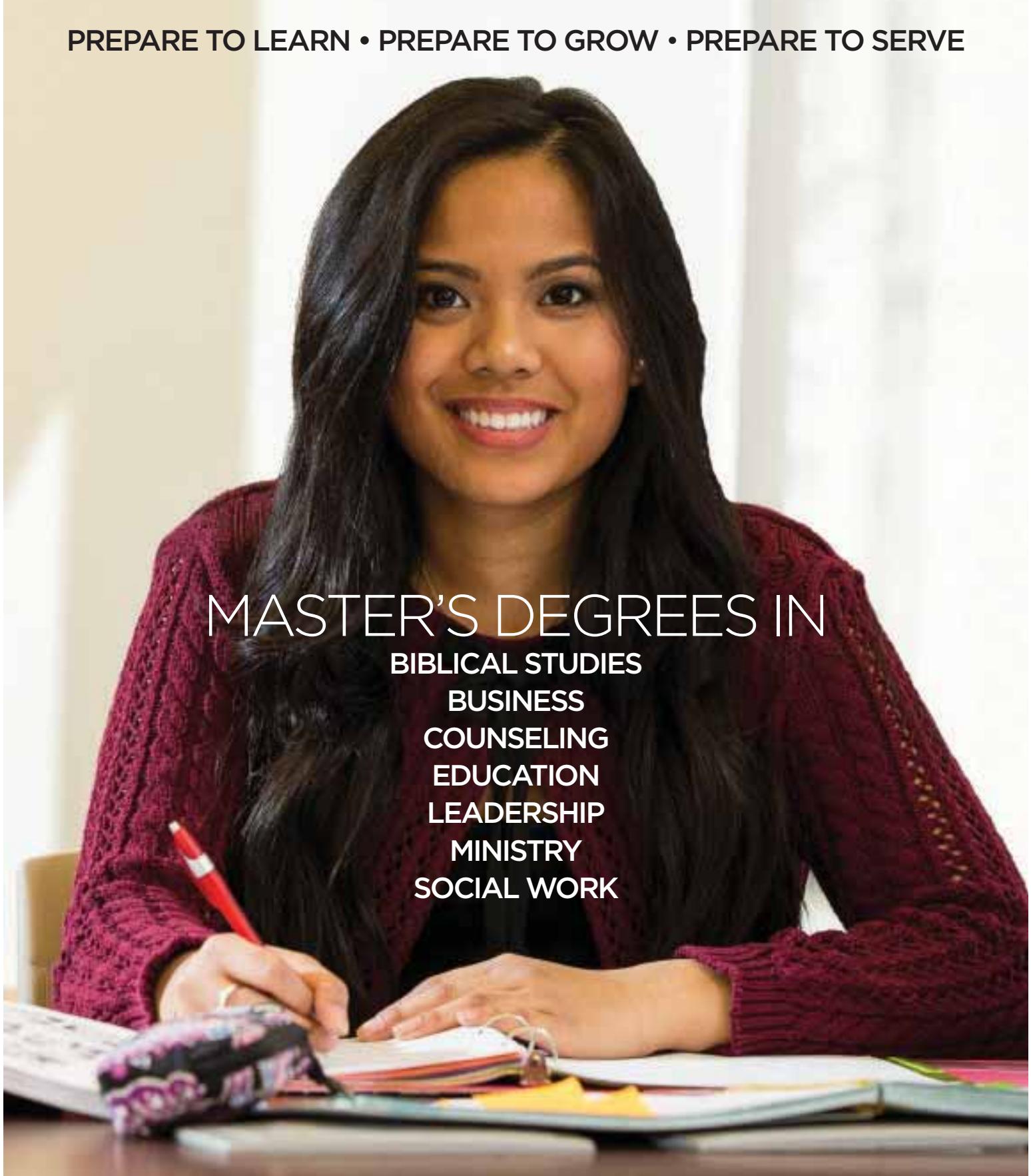
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Tackling the job interview

Expert tips to help you rock the interview and land the job of your dreams.

SARA FEINSTEIN
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After carefully crafting your résumé and rereading your cover letter 15 times, you've finally landed yourself an interview, and have likely embarked onto the next stage: panic.

But there's no need to stress. We spoke with career coach and interview preparation specialist Alex Freund, founder of LandingExpert, for some tips on diving into the job interview with grace and confidence.

Do your homework

Considering there are other excellent candi-

dates competing for the same position, an interview is certainly not the time to "wing it," says Freund.

"You should know all about the company's problems, competition, culture, financial situation, who their competition is, their best product, what other products were successful and so on," he says.

While your responses should be short and focused, when they ask you, "What do you know about our company?" your job is simple: Just keep talking. After all, the No. 1 thing an interviewer is looking for is that you fit in with her company's culture.

Freund adds, "If you can prove to me that you have so much information about my company, where I've been working for many years, that almost subliminally



In your interview, focus on building a relationship and cultural fit, rather than worrying about how you're going to answer the next question. iSTOCK

gives me the feeling that you're already one of us."

Bring evidence

"No interviewer in America is looking for Mr. or Ms. Average," Freund says. "They're looking for Superman," which is why it's important for you to prove that you're exceptionally good

at what you do. But that doesn't mean just telling the interviewer your opinion of yourself.

Your skills need to be validated by others and backed up with concrete evidence, Freund explains. When an interviewer asks you what your strengths are, try something like this: "One of my greatest strengths

is my strong communication skills. In my line of business, I work very often in teams, and in many situations, my team members ask that I be the spokesperson for the team."

In the end, Freund says, it's all about shaping your answer so that it can be perceived as fact, not merely opinion.

Prepare strategic questions

While providing good answers is essential, asking the right questions is equally as important, advises Freund. That means avoiding tactical questions. After all, you want to portray yourself as an extremely knowledgeable candi-

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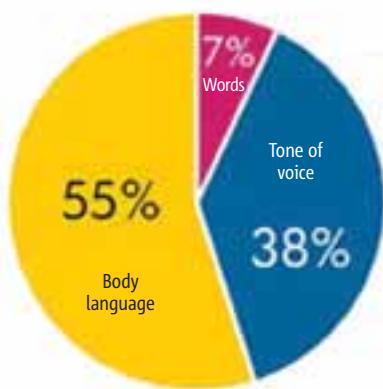


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Body-language checklist

Maintain eye contact: It shows self-confidence.
Smile genuinely: It increases your likability factor.
Avoid fidgeting: It's distracting.

date. Asking a question of that nature will only put doubt in the mind of the interviewer and suggest that you don't truly understand the needs of the company.

Focus on the future

Candidates often spend too much time discussing their past,

says Freund. Instead of talking at length about what you've already done, he suggests trying to answer questions in a way that reference your future at your interviewer's company.

For example, "As someone with an expertise in Microsoft Excel, I will be able to work on Pivot tables and do VLOOKUPS, which I know in your industry are very important."



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Late Jets fan got special visit in his dying days from Pryor

Calvin Pryor gave the Wall family a lasting Christmas memory.

 KRISTIAN DYER
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Aedan Wall passed away two weeks ago after a battle with cancer, but not without a Christmas surprise from New York Jets player Calvin Pryor. It was an uplifting moment for the 19-year-old lifelong Jets fan during his eight-month battle with cancer.

It wasn't always this way. Aedan bed-bound and battling against a cancer that would start in his groin and eventually move throughout most of his upper body. He was a standout athlete at Christian Brothers Academy in central New Jersey, a gym rat who played football and rugby, wrestled and rowed in crew. If it was a physical activity, Aedan's brother Liam says Aedan was down for it. He felt most at home in the gym, lifting and working out. Sadly, that would all change very quickly.

This past April, Aedan noticed a tumor in his groin and the diagnosis quickly came of alveolar rhabdomyosarcoma — "a very rare, aggressive form of the cancer" according to his brother. This form of sarcoma frequently grows in the head and neck regions but the bladder, as well as reproductive organs, is among the most common regions that alveolar rhabdomyosarcoma can form and grow.

After complaints of back pain, an MRI revealed that the cancer had spread to Aedan's chest, abdomen, back and one of his arms. The diagnosis came one day before Thanksgiving and he elected to stay at Sloan Kettering Cancer Center for what would be palliative treatment to relieve his pain and help him through the difficult next few weeks.

The diagnosis was certain but Aedan would never waver. It just wasn't in him to quit.

of NYJetsFans.com, came across the messages from Schwartz on social media.

He personally reached out to one of the players, the second-year safety Pryor, and told him about Aedan's condition.

On Christmas Day, Pryor called Liam and asked if he could stop by and meet Aedan for a visit. Liam, of course, said yes — as he couldn't believe that a player would come, let alone on Christmas Day. A couple hours later, Pryor arrived at Sloan and

had to wait for Aedan, who wanted to brush his teeth and get changed to meet his special visitor. Pryor sat in the waiting room, the former first-round pick not complaining at the delay.

Finally, he got to

"He found his passions early in life and really lived his life the way he wanted."

Liam Wall, on his late brother Aedan

meet Aedan, and the safety presented him with a pair of official gloves.

It was completely unexpected. The patient and the player forged a quick bond over sports and their mutual passion in the gym. They laughed, and they talked football.

"[Pryor] expressed how excited he was to meet Aedan and how he found so much inspiration from him," Liam said. "We showed him pictures and videos from Instagram and how much Aedan was able to deadlift (585 pounds) and [Pryor] couldn't believe it, he was so impressed and told Aedan he liked his arms or as he called it, 'his rock.' Calvin was so humble throughout the whole visit. He sat with my family and me and talked about his 3-year-old daughter, gladly answered any questions about football we had, and just really enjoyed spending time with us."

Pryor would leave and that night he followed Aedan on Instagram. A week later, he dedicated the Jets' Week 17 win over Buffalo to Aedan.

On Jan. 3, 2017, Aedan passed away, finally succumbing to cancer after a brave fight. Never once did he hang his head.

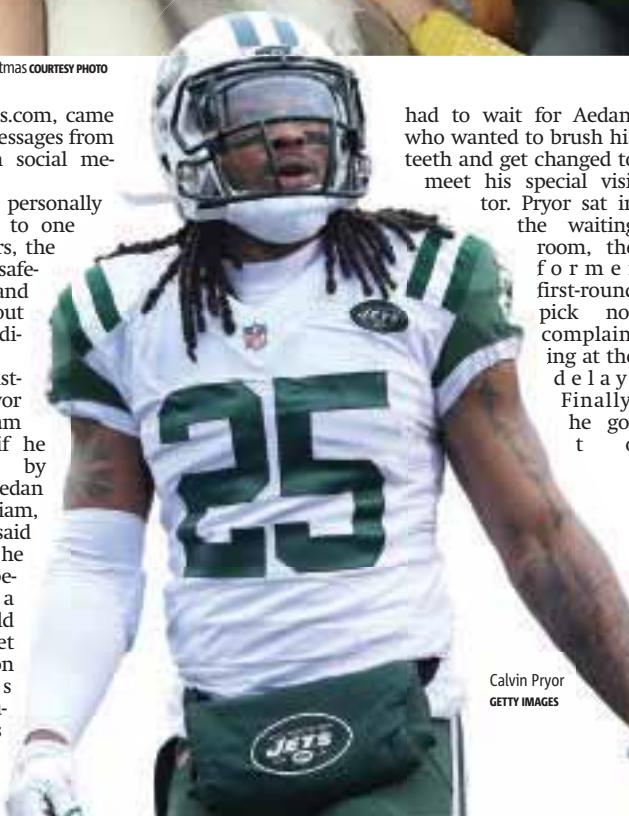
His family recalls him as quiet but loving, a giving person who wasn't afraid to help others in need.

"Even though his body became weak, his mind was always sharp and strong," Liam said.

"He found his passions early in life and really lived his life the way he wanted."



Calvin Pryor, center, with Aedan Wall and the Wall family on Christmas COURTESY PHOTO



Calvin Pryor
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Falcons, Patriots set to meet in Super Bowl

Matt Ryan and Tom Brady both had monster days in title games.



MATT BURKE
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Aaron Rodgers finally cooled off Sunday in Atlanta while Matt Ryan and the Falcons stayed red hot. Rodgers and the Packers did not score until the 9:19 mark of the third quarter and by then it was far too late as Atlanta shredded Green Bay, 44-21, and advanced to Super Bowl LI, which will be played in Houston on Feb. 5.

Atlanta led 24-0 at the half and picked up right where it left off in the third quarter as Ryan found Julio Jones for a 73-yard TD pass just over a minute into the second half. Ryan found Jones on a crossing route, on a play that summed up the Green Bay defense's afternoon, and then Jones stiff-armed his way to the end zone.

Ryan, who is the favorite to win the NFL MVP award, completed 27-of-38 passes for 392 yards, four touchdowns and zero interceptions. Ryan had much of his



Atlanta's Julio Jones stiff-arms Green Bay's Damarious Randall on Sunday at the Georgia Dome. GETTY IMAGES

success when looking the way of Jones, who finished with a whopping 180 yards receiving on nine catches. Jones found the end zone twice. Mohamed Sanu and Devonta Freeman also scored through the air.

Early in the second quarter, it still looked like the Packers would make a game of it as Rodgers drove his offense down the field with relative ease. Set up at the Atlanta 23-yard line, the Packers gave the ball to fullback Aaron Ripkowski, but Falcons cornerback Jalen Collins made the defensive play of the game —

stripping Ripkowski and recovering the fumble himself. Collins' play halted any and all Green Bay momentum.

On the AFC side, the Patriots exploded for 16 third quarter points and pulled away from Pittsburgh, 36-17, which had kept it a relatively close contest in the first half. Tom Brady was masterful, completing 32-of-42 passes for 384 yards, three touchdowns and zero picks. Patriots receivers Chris Hogan and Julian Edelman both went over 100 yards receiving.

Brady will play in his seventh Super Bowl game on Feb. 5.

Two MLB players die in separate car accidents in DR

The baseball world suffered a tragic loss early Sunday, as 25-year-old Kansas City Royals pitcher Yordano Ventura died in a car crash in his native Dominican Republic.

Ventura was one of baseball's top young arms and was a big reason the Royals reached and won the World Series in 2015.

"Everybody with our team and our organization is hurting deeply," Royals general manager Dayton Moore said Sunday. "We loved Yordano. We loved his heart and who he was as a teammate and a friend. He's

somebody that challenged us all and made us better. We're going to miss him."

Oddly, former MLB infielder Andy Marte died in a separate car crash in the Dominican Republic on Sunday, and one of Ventura's closest friends — former St. Louis Cardinals outfielder Oscar Taveras — died in a Dominican car crash in 2014. According to ESPN, the World Health Organization "found that the Dominican Republic had the highest traffic accident death rate in the Americas, with a rate of 29.3 per 100,000 inhabitants."

MATT BURKE



Royals pitcher Yordano Ventura died Sunday morning. GETTY IMAGES



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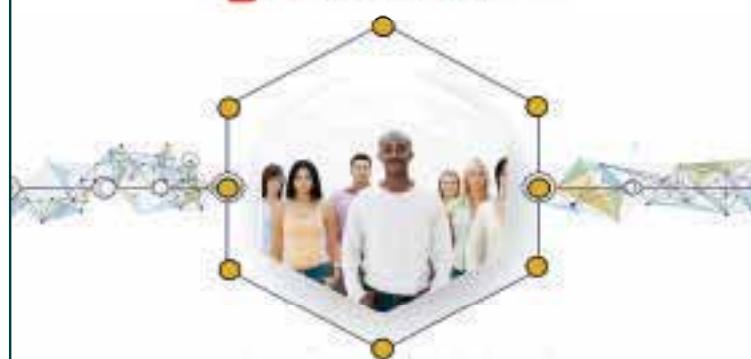
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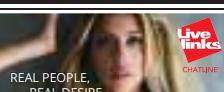
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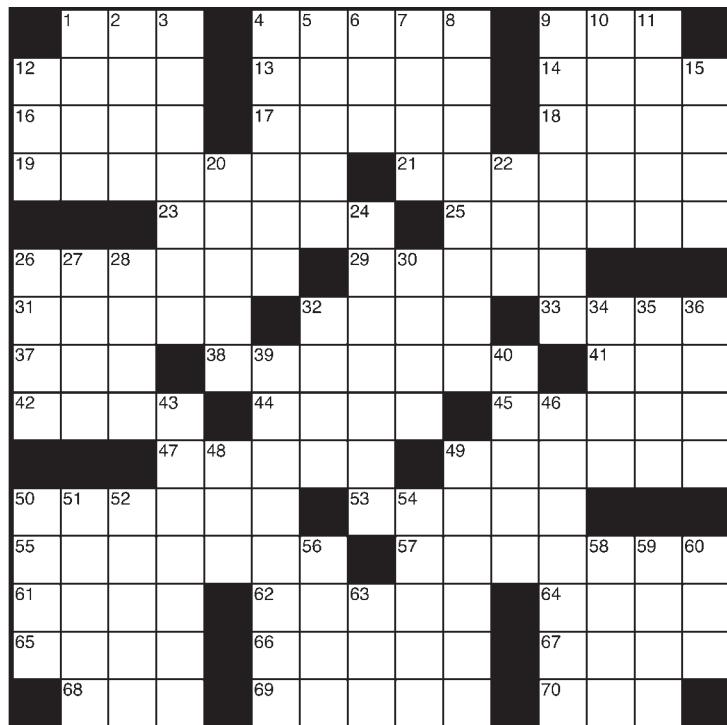
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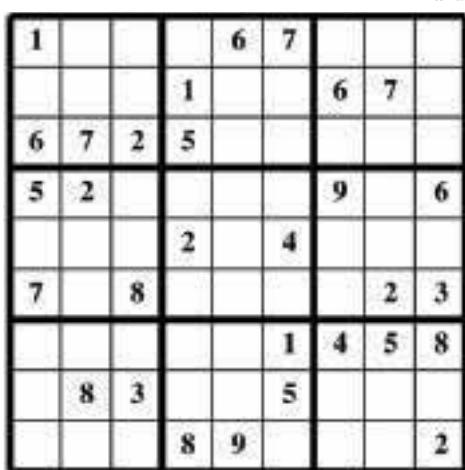


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N	O	I	R	E	S	K	W	A	B	E	D	
A	N	C	H	O	R	S	P	I	T	B	A	L
U	N	I	X	T	R	A	Y					
J	A	M	B	F	E	N	S	O	L	E	S	R
E	L	I	A	F	R	A	M	E	S	L	A	P
T	E	R	R	L	O	P	E	D	E	L	S	A
S	C	A	B	E	X	A	M					

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CELEBRATE 20 YEARS RUNNING

2015

The race makes history as the largest inaugural half marathon.

2016

Local runner, Keith Jones, is reminded of why Brooklyn is New York's best and most beautiful borough as he runs the course.

1998

The inaugural Rock 'n' Roll Marathon took place in San Diego, forever changing the sport of running.



2016

Olympian, Jared Ward, joins runners on course.

2015

Jets wide receiver, Brandon Marshall, runs the race for his non-profit organization, Project 375, dedicating each mile to a different mental illness.

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